

# New initiative aims to connect students to city through 'deals'

**BY KAYLA PERRY**

A new initiative has been launched for students in Sudbury: the Off-Campus Perks website.

The website is geared towards students from Laurentian University, Cambrian College, and College Boreal, and showcases a number of deals and offers from local businesses.

Chris Mercer, Chief of Staff at LU, was among those who organized the initiative, which began after a series of student-surveys revealed that post-secondary students in Sudbury are not as connected with the city as they would like to be.

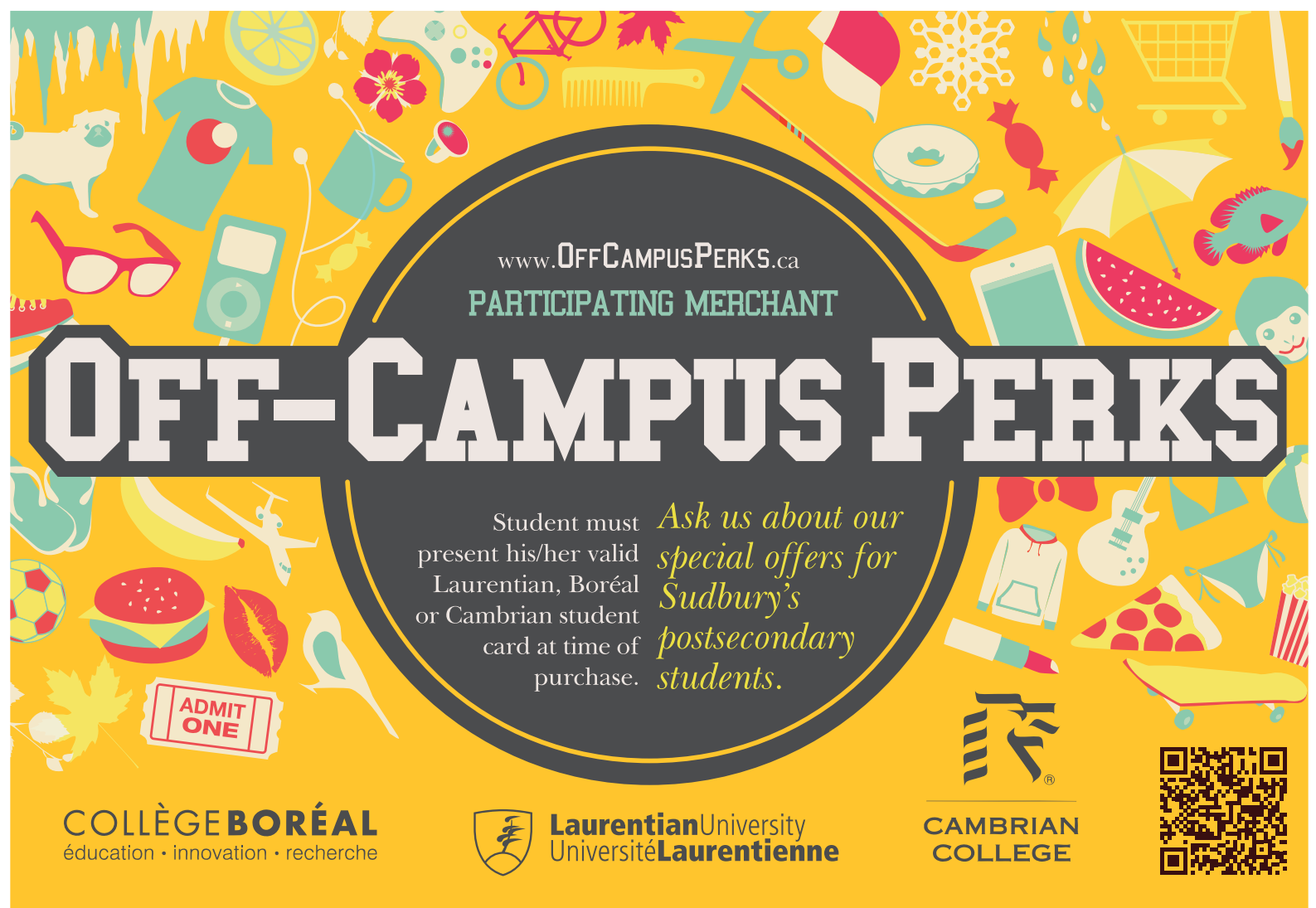
"We want students in Sudbury to feel that they are connected with the city. Off-Campus Perks is a way to get the conversation started," said Mercer. "This will be a way for students to learn more about the city and see what it has to offer."

More than 1,300 people viewed the website during the first month of the site's existence. The site has the possibility to reach 20,000 post-secondary students city-wide.

The website serves as not only a way for students to discover deals in town, but also a way to promote local businesses: for a fee of \$75, businesses can register and promote sales they are having. Mercer said the fee goes toward "website costs and administration."

The Students' General Association also played a role in the initiative's setup.

"We believe that strong links are needed between students and the Sudbury community," Charles Wilson, Executive Director of the SGA, said. "We have partnered with the university on the off-



Art supplied

The Off-Campus Perks initiative will have the above signage on participating businesses, allowing students to locate shops.

campus perks program. This is a program which we endorse and commit our resources to.”

Wilson added: "The one issue is I believe a lot of students are not aware of what is available in the community. Although not an SGA initiative, (the off-campus perks program) is still an important component of

our overall strategy of creating greater understanding within the Sudbury community of the issues faced by Laurentian students and assisting Laurentian students to get the most out of their experience while in Sudbury.”

Currently, the website offers deals to 35 local Sudbury businesses, some of which

include Staples, Science North, Sixtysix, and the Sudbury Wolves hockey club.

In order to receive the deals offered on the website, students must present a valid student card at the time of purchase.

"I urge students to visit the website and see what it has to offer," Mercer said.

For more information, or to view a list of the current in-town deals, visit [www.offcampusperks.ca](http://www.offcampusperks.ca).



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# Real talk: Missing home and where we find ourselves when we're lost

Students are often hit with the criticism that this isn't the "real" world: this student-filled space of higher education.

In my experience, there is nothing more "real" than missing one's friends or family, trying to deal with loneliness and being homesick through Facebook messages or maybe a Skype call from time-to-time, counting down the days until the next visit.

The only thing worse than bad family news, is when it is delivered through a text message or phone call and you're too many hundreds of miles away to be able to do anything but feel useless.

What element of "not-real" trivializes the harshness of exhausting one's mind writing a paper all night, fuelled by caffeine and cold pizza?

It could be worse, we could be off in the mystical place where we work daily, in this "real world," right? That would be awful, wouldn't it?

Imagine waking up and driving to work, grabbing a coffee on the way, and sitting down at a desk where you're paid for your ideas and your work. Imagine being able to afford that car and a cup of coffee every morning, and writing thousands of words a day that people actually pay you for. Awful beyond words, yes?

People, far removed from their days as a student, reminisce about school, remembering the parties and the crazy adventures of youth, but no one reminisces of the good days in school when it's 3 a.m. and the paper due tomorrow is still being written ... Or when rent is due tomorrow and there is not nearly enough money in any of our accounts to cover it.

No student feels like laughing when they're trying to understand organic chemistry or Heidegger's metaphysics, aside from possibly a laugh of frustration, as they spend hours grappling with their own

limitations.

Older generations oversimplify the problems of youth (and in other news, the sky is blue). So many of us are educated or in school, isn't that great? Forget about the \$6,500 of tuition in Ontario or the abysmal employment rates awaiting graduates. Be thankful you can get an education here in Canada... As if today's education is somehow grander than previous generations had access to. How grand it is: learning George Grant or Harold Innis through other people interpreting them, or reading secondary sources as opposed to having the real person as your professor.

The challenges of education always turn into a matter of degrees. Sure, Ontario is expensive to go to school, but not as expensive as America. Sure, the services at this school are not the best, but they are better rated than this other comparably-sized school.

Over Thanksgiving, I wasn't thankful about the education I'm paying for, or the \$900 flight home I had to buy to be able to see my friends/family over Christmas, and no, not for the thousands of words I was writing for the essays due after the break. The only thing worth being thankful for is real love and friendship, and the people who have made life that much better. And honestly, there is nothing more "real" than that.

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# Charges dropped for four of SCAP 11, other members 'hopeful:' Kinsman

BY KAYLA PERRY

The SCAP-11 returned to court this week, pleading not guilty to charges of trespassing in Sudbury MP Rick Bartolucci's office. For four of those members, charges were dropped.

"We are very relieved," said SCAP-11 member Gary Kinsman.

The SCAP-11's first appearance in court this month was Oct. 28, where they were scheduled for a half-day trial. Three days later, on Oct. 31, the group returned for a full day of trial proceedings.

Clarissa Lassaline and Robert Day were among those who were acquitted. Phillip Marsh and Martin Boucher also had the

charges against them dropped.

Donald Kuyek, the group's lawyer, motioned for the charges to be dropped against the four due to a lack of evidence against Dey and Boucher, and the fact that the arresting officers did not identify Lassaline and Marsh in the courtroom during proceedings.

"The crown's case was very slow," said Kinsman. "As you can see from four of the members having charges dropped against them, the crown was not even able to prove a case on the technical grounds of actual identification of our members."

For the other seven SCAP members, whose charges still stand, another court date is set

for Nov. 12, where the group will continue their defense.

"I'm much more hopeful now (that charges against the remaining members will be dropped) than I would have been before this week," said Kinsman. "(Those with charges remaining) really don't know what will be decided, but are looking forward to getting our defense going. We still believe we had every right to do what we did in setting up the mock emergency homelessness center."

The 11 members of the Sudbury Coalition Against Poverty were arrested in MPP Rick Bartolucci's office on Nov. 9 of last year, after setting up a mock

homeless shelter in Bartolucci's office in order to dramatize what would happen after cuts were made to the Community Start Up and Maintenance Benefit. The 11 arrested were removed from the premises, and charged with trespassing.

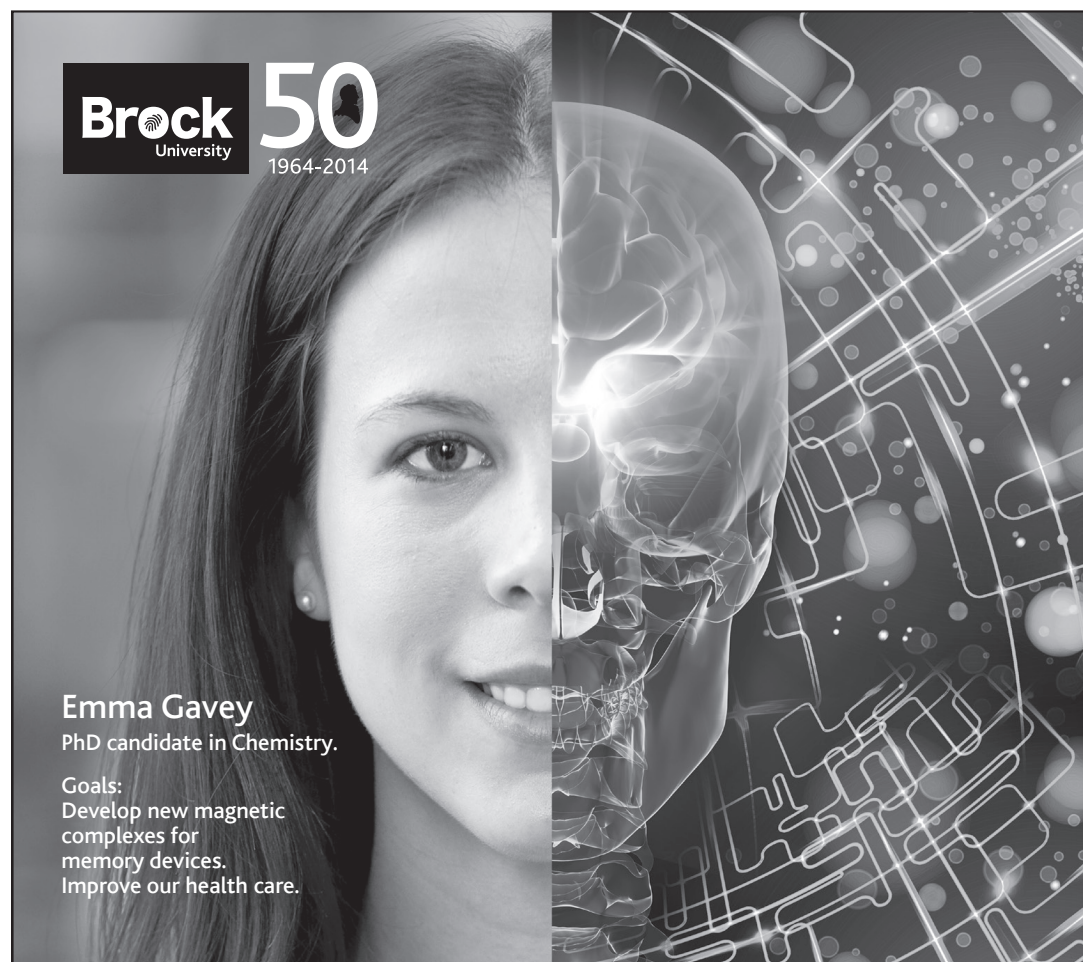
The group received a short letter of support, written by John Clarke, organizer of the Ontario Coalition Against Poverty.

"Talking of 'your' local MPP, he is the perfect representative of the mean spirited austerity agenda his government stands for," Clarke wrote in the letter. "He

would not meet you the day you went to his office and hides behind 'parliamentary privilege' to avoid having to deal with the issue in court."

On Oct. 18, SCAP returned to Bartolucci's office, hoping to speak with the MPP and discuss the cuts that have been made, and how they are affecting people in Sudbury, although they were unable to meet with Bartolucci.

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# Haunted house part of U of S centennial celebrations

**BY WILLIE POLL**

As part of ongoing 100-year anniversary celebrations, the University of Sudbury got in the Halloween spirit in October, hosting a haunted house.

The sound of screams and cries were heard as people wandered into the transformed University of Sudbury, which included "eerie music, coffins, spiders and spider webs, snakes, devilish babies, special lighting, a black/white television, body parts, body bags, gurneys, dummies and masks, hospital gowns, knives, blood, and candy," Sarah Noel, a communications officer at the University of Sudbury, said.

"There were also more than a dozen volunteers who played live people inside the haunted house; each adding their own special touch to the scene they worked. For example: a mad doctor/scientist cutting up body parts, a mental asylum, a scary clown, and a headless woman."

The University of Sudbury was founded in 1913, in a small, under populated, mining and forestry town by Jesuits.

"In 1912 and 1913 the Canadian government had said it was against the law for people to go to school in French, what was called regulation 17, they were trying to assimilate the French people of Ontario." Dr. Pierre Zundel, University of Sudbury president, said. "There was this huge uprising by the French community and one of the responses was the Jesuits setting up a university in French which was the University of Sudbury."

The School is the oldest in Northern Ontario, Laurentian itself is only a little over 50 years old, and the University of Sudbury is now 100 years old. In the late '50s the school became co-ed as well as bilingual, and eventually helped form the

Laurentian confederation.

"As we celebrate our 100th anniversary, not only do we celebrate the past hundred years, but we also celebrate the next hundred," Noel said. "The Haunted House was put on the list of activities for the centennial simply for fun, and to do something different. Also, it was the perfect type of event for October."

Although the haunted house could be a terrifying and chilling experience, it also was able to accommodate everyone and could be toned down to only slightly scary, or turned up to make your hair stand on end.

"I think it was a really good way to celebrate 100 years because it brought people to the university of Sudbury," Cassey Mohns, a participant,

said. "If they didn't have the haunted house, I don't think I would have ever gone to the university of Sudbury. I've been to a few of the local haunted houses around Sudbury over the last couple years. The haunted house at the university of Sudbury was terrifying. With all of the actors working inside the haunted house it made it that much more scary with

them jumping out at you when you would least expect it. I would defiantly go back again next year if they host another haunted house."

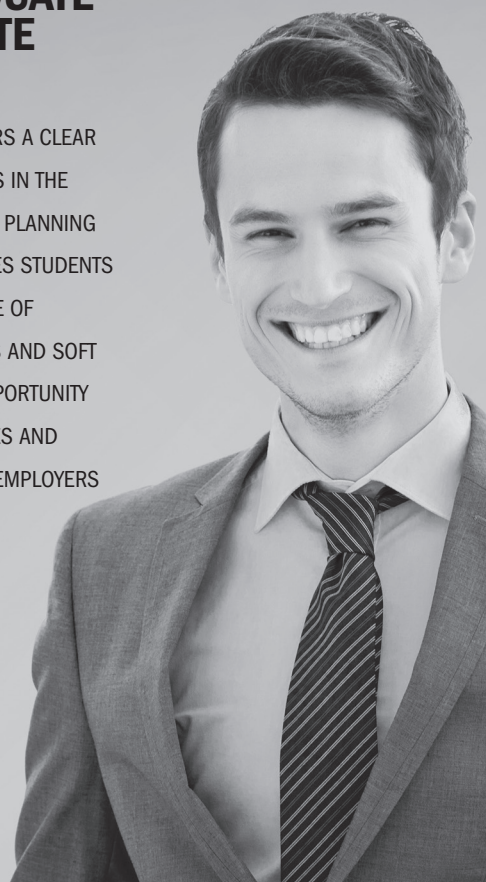
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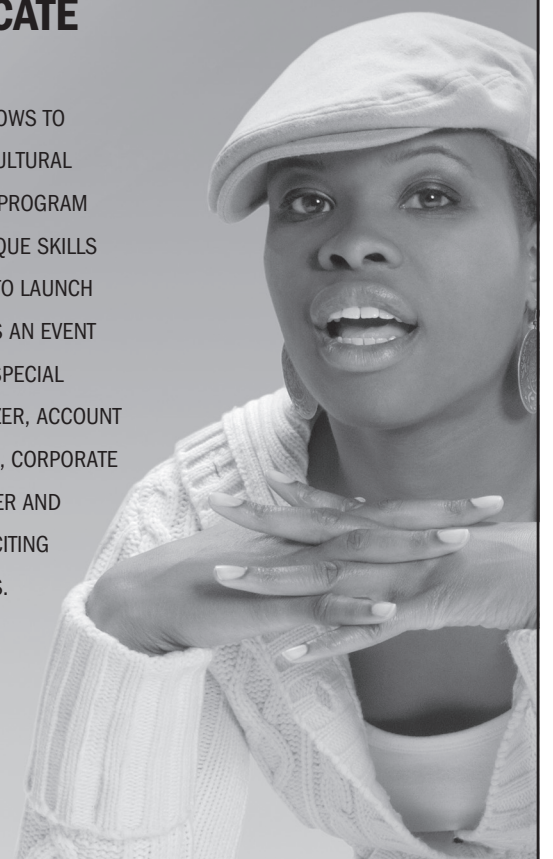
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# Biology prof looks to engage students in green-themed day

**BY KAYLA PERRY**

Charles Ramcharan, an LU biology professor, says he is "concerned that the students, and even most of the faculty (at LU), aren't aware of all the environmental things that are going on in town."

His concern is the very reason he decided to organize Laurentian University's first Green Day.

The event took place in west residence, and local clubs and

volunteer organizations were invited to come and interact with students, to teach them about how they can play a role in supporting a green earth and become environmentally friendly.

"I want to make people more aware. We do have Earth Day, but that happens in the spring, when most people aren't on campus – I want today to act as an Earth Day for Laurentian."

The biology professor said he plans on making Green Day an annual event, although in the future it will take place in September rather than October.

He also plans on inviting more Sudbury businesses involved in the environment, as well as health and wellness groups, to attend the event next year.

This year, attendees included the Nordic Ski Club,

Northern Vegetarian Society, and the Cyclist Club.

Ramcharan, who has been a professor at LU for 10 years, also runs the Voyageurs Community Garden, located between Thornloe University and the sports stadium. He urges anyone who wants to become more environmentally involved,

or participate in the garden next year, to contact him at [cramcharan@laurentian.ca](mailto:cramcharan@laurentian.ca).

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Photo by Kayla Perry

Charles Ramcharan is the creator behind Laurentian's Green Day, an event looking to raise awareness about the environment in the LU community.



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# Sexual Assaults at UBC create culture of fear, campus groups meet to find solution

VANCOUVER (CUP) — A string of sexual assaults on the University of British Columbia's (UBC) Vancouver campus, which police believe to be linked, has left students fearing for their safety when walking home at night.

Three assaults, occurring outdoors in the early hours of the morning, were reported directly to campus RCMP over the past few weeks. A fourth assault that also appears to be linked was reported to the Ubysey student newspaper, and a fifth incident may have been observed by a bystander early in the month. The suspect is described as a white man over six feet tall in his late 20s or early 30s, slim with short hair and a dark hooded sweatshirt. The victims so far have been female UBC students.

Police believe the same individual is behind all the attacks, and the Major Crimes Unit is now working to track this person down. "We're trying to compile a list of potential suspects and identify anyone who might be responsible," said RCMP Sgt. Peter Thiessen. "We are looking at many outstanding files, trying to determine if there

are other incidents that would likely be linked to this."

Thiessen said this investigation has been given a high priority, and there are "unlimited resources" at the RCMP's disposal, should they be needed.

Police are also working along with university officials to improve safety measures for students. University administrators are promising improved lighting along main walking routes late at night and better landscaping outside residence areas for increased visibility. Police patrols have also been increased in the area, and the student union-funded SafeWalk walk-home buddy service has been extended to operate later into the night.

Many students have expressed fear over the incidents. Others are also taking action and expressing their opinion about the crimes. When university RCMP released a set of safety guidelines warning women not to walk home alone at night, campus satire blog Syrup Trap released a fake police "warning" urging offenders not to commit sexual assaults, intended to make the point that only the perpetrators are responsible for the crime. In a similar vein,

anonymous "Don't be a rapist!" posters have popped up all over campus, stirring debate.

The university's Sexual Assault Support Centre organized a well-attended roundtable discussion on the topic of sexual assault, and campus activists are also planning a "Take Back The Night" anti-assault rally this coming Wednesday. Student union president Caroline Wong, along with student union vice-president Mona Maleki and support centre manager Anisa Mottahed, penned an editorial in the Ubysey reminding students that despite the heightened level of panic over this string of crimes, most sexual assaults are committed by someone who the victim knows.

UBC philosophy professor Scott Anderson agreed with this assessment.

"Society is quite concerned ... by highly publicized attacks by stranger rapists ... when they are against college students from relatively privileged backgrounds," said Anderson.

"Most men have very little sympathy for the guy who hides in the bushes and jumps out ... but they have a lot of sympathy

for other men who take it too far or resort to non-consensual means against women who are drunk or incapacitated."

Although panic will likely mount the longer it takes to catch the perpetrator, Anderson gave some recommendations for average students hoping to prevent incidents of sexual assault on this campus and

others: "Be on the alert for people who want to take advantage of women, try to counsel them to do otherwise."

"Be very supportive and believe women who make claims they have been attacked, because those are almost always genuine and honest."

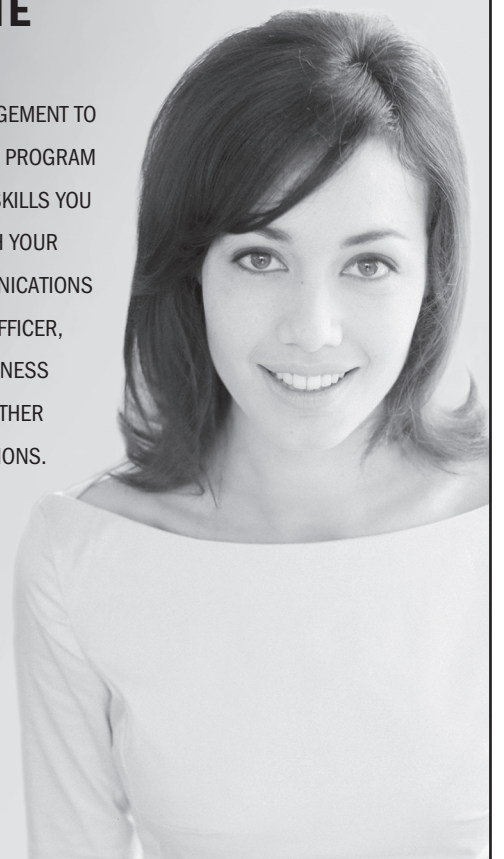
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# Pictographs a piece of history

**BY WILLIE POLL**

Even through rain, snow, and hundreds of years many pictographs still remain fully visible to tell their story. In Spanish, Ontario, there is a pictograph and teaching of Anishnaabe history which Laurentian students visited this October.

The story begins with a vision. The vision was of the Iroquois and their plans to wage war on the Anishnaabe people. People were sent to warn the Anishnaabe on Manitoulin Island and together the chiefs decided to ask the great serpents to help them in their defeat.

"These great serpents used a tunnel system underneath the water's surface that can be seen today in places such

as Spanish and Sagamok." Josh Wong, indigenous studies major, said.

To gain the help of these serpents the people left offerings to the serpents, and then left to fight their battle. Before they could reach their destination of Little Detroit to ambush the Iroquois, two great serpents showed themselves and swam close behind the Anishnaabe's canoes. The serpents swam around the Iroquois make it impossible for them to move, while the Anishnaabe warriors shot arrows without worry. After their victory, the great serpents went back to their cave dwellings, but the Anishnaabe people never forgot the help they received that day, and with the pictographs, it will always be remembered.

"The event was very entertaining, as we had a number of students and elders present to share their knowledge with us," Wong said.

Indigenous knowledge is often taught orally, and is something one must experience rather than read, the pictographs are a way of showing history differently than in a text book. "It was much more engaging than a classroom setting, and just listening to Isaac speak through oral tradition really made me feel connected to the significance of what went on in the region, even though it was hundreds or thousands of years ago," Wong said. "The idea of great serpents still existing today is also quite intriguing"

Although many pictographs have survived hundreds and even thousands of years, many have not. They can be difficult to spot on occasion and have been known to be drawn over, vandalized, as well as destroyed to make way for shopping malls and parking lots.

"The event was designed to raise awareness about the sacred sites, not only to preserve them, but to also respect them because not many young people are aware of their historical significance, and have spray painted or even destroyed some of these sacred sites, and ultimately losing some of that history," Said Wong.

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## Rabey in the world: traveling in Austria

**COLUMN BY MATT RABEY**

To anyone who has ever wanted to travel to Europe but hasn't yet, my aim is to provide a student perspective on what one can do there, what you may expect and tips to help keep costs down.

One of the most beautiful places in Europe and at the top of many people's lists of places to visit is Austria.

Austria's national language is German and they have the 18th largest population of a European country with 8,477,000.

Austria is very mountainous as the Alps cover a significant portion of the landscape.

Its largest cities include, Vienna, Graz, Linz and Salzburg.

Hannah Käfel is a law student and former Laurentian University exchange student from Graz and stated, "The little unknown and very underappreciated little sister of Vienna is Graz, the second biggest city in Austria. It's a beautiful city with one of the oldest city centres in Europe. It's a city of design and was European cultural capital in 2003."

Austria boasts classic picturesque scenery and is famous for its skiing and is a well-known spot among Para-gliders and other extreme sport enthusiasts.

Austria is also very famous for its beautiful landscape and the hiking that it offers. Käfel stated: "Carinthia where I am originally from, has the nicest lakes so it's beautiful and fun to go there in summer. In autumn it's very nice to go hiking in the mountains"

Austria is also very famous for its classic music and opera, with Amadeus Mozart being the most famous composer to come from the country.

The Vienna State Opera is one of the oldest and most famous opera houses in the world and it is very affordable with tickets starting below ten Euros.

For those who wish to try the local cuisine, Knödel (a type of dumpling) and of course Wiener (Vienna in

German) Schnitzel is a local dish.

Austria also has some of the best architecture in the world, travellers should be sure to check out the Habsburg palace and the Hohensalzburg Castle.

For travellers that are trying to keep costs down, Austria has some of the most friendly and clean hostels in Europe for under 20 Euros a night.

### Karate:

#### Beyond Taking Down Bad Guys

As a boy growing up in the 70s and 80s, it appeared to me that society was being overrun by martial artists. From Bruce Lee to Billy Jack, from the Ninja Turtles to the Power Rangers, and from Mr. Miyagi's "wax on" to Daniel San's "wax off", it seemed that everybody was kung-fu fighting. And I wanted a piece of it.

There was something really cool and graceful about those punches and kicks, and there was something heroic and even romantic about the idea of taking down bad guys who tried to lay a finger on me or a loved one. But the reality was that I was too busy playing squash to take karate lessons, and, once my schedule opened up, I discovered that karate lessons were way too expensive – until I got to Laurentian.

Being a university student is all about trying out new things and expanding our horizons both inside and outside the classroom. As luck would have it, a buddy of mine had seen a poster advertising the Laurentian Karate Club, and was on his way to practice, so I tagged along. What I discovered was far from what I had seen in the movies (ruthless masters beat on students and where aspiring black belts subjected themselves to unimaginable tortures for hours on end). On the contrary, I was welcomed by a community of men and women dedicated to fitness, camaraderie, personal growth, and the teaching and learning of martial skills. I was immediately hooked (and it was really inexpensive).

Almost 20 years later, I have yet to take down any bad guys, but I have learned some valuable skills, honed my abilities, met some fascinating people, and travelled across the country and around the world to train. If you are interested in learning new skills, meeting fascinating people, and travelling across the country and around the world, I invite you to visit the Laurentian Karate Club. You can try it out for a few classes and see if you like it. We train on Mondays and Thursdays from 7:00 to 8:30 in the Alphonse Raymond Gym. I predict that you will find, as I have, great value here, and I look forward to training with you.

To learn more about karate at Laurentian University, email [karate@laurentian.ca](mailto:karate@laurentian.ca).



#### Common Sense-Eh?

On your first visit:

- arrive early
- wear comfortable clothes
- keep an open mind and prepare to have fun





# Steve Paikin is Doctor Strange



**BY KALLIE BERENS**

Steve Paikin, the newly-inaugurated chancellor of Laurentian University, may seem like he's got a lot on his plate, but by night he takes the mighty form of Doctor Strange from the Marvel universe.

However, Steve should maybe think of changing one of his names, as Doctor Strange's real name is Stephen. In 2012, Steve was the recipient of an Honorary Doctorate of Letters at Laurentian's convocation. The similarities are uncanny.

By day, Steve is a journalist, producer of documentaries and a published writer, and

known most notably for his work through TVO's current affairs show The Agenda with Steve Paikin.

By night, as Doctor Strange, he's the mightiest magician in the entire Marvel universe. Testimonials provided by acquaintances of Doctor Strange describe him as extremely powerful, which he shows by wielding powerful mystical spells.

Steve is a Red Sox fan, and those around him were relieved that they managed to secure the World Series title, because it was rumoured that Steve would magically destroy the TV otherwise.

Illustrations provided by Marvel Comics

Doctor Strange is one of the most enigmatic, yet most endearing heroes in the Marvel Universe. He is the go-to hero when mystic arts are the culprit.





# Anne Boulton more than ‘geeky English teacher who lives in her office’

**BY EMMETT TURKINGTON**

Staff and students probably know her simply as a professor of English, but Anne Boulton is more than just someone who teaches classes at Laurentian.

Making her screenwriting debut five years ago at the Cinefest film festival here in Sudbury, Boulton has spent her time being more than just “a geeky English teacher who lives in her office.” It may be weird to think that professors at Laurentian have lives outside of the classroom, but Boulton assures students that professors are normal people too.

Growing up just outside of Sudbury in the small community of Copper Cliff, Boulton lived an average northern life: parents that worked to support the family and brothers and sisters that

helped her learn how to laugh and make the most of things. When asked about growing up in Sudbury she replied, “Copper Cliff was small, but it made me value my community.”

The most useful piece of information Boulton said new students should have, when arriving at Laurentian for the first time, is that they should explore the city. She explained that there are a lot of interesting places in Sudbury and it’s a shame that some first year students who live on campus don’t take the effort to learn what Sudbury has to offer.

“There is a great music and arts scene here that some people are completely unaware exists,” she said. “Kids should check out places like the Townehouse, the Laughing Buddha, or the

Fromagerie rather than sticking to only one place downtown.”

Because of her close connection to her hometown, Boulton and her partner in crime, John Alden Milne, have written their award-winning short films with members of their community in mind. As she explained, all of her short films, including the newest short “Dancing is Meaningless,” take place in Sudbury and feature members from both the Sudbury and Laurentian communities.

When asked about her new short film, Boulton said that it’s the most mature one she’s made so far with “everything coming together in this one.” Both of her short films prior to “Dancing is Meaningless” — “The Stand Off” and “The Runner” — have met with success on the local

level with each film winning the CTV best in shorts award. Unlike her past shorts that dealt with issues faced by adults, “Dancing is Meaningless,” focuses on navigating the problems and neuroses of preteens.

After screening the film at this past Cinefest event for short films, her new short film received the CTV best in shorts award as well as the audience choice award.

Thus far, Boulton and her partner have written and directed short lighthearted films. When asked whether or not she would ever make a very serious or sad film she responded, “what sad story am I going to tell?”

Aside from being a professor and local screenwriter, Boulton is also deeply involved in Sudbury’s music scene. “I sing with a few local musicians around town

and I’ve also been known to play a mean tambourine,” she said, laughing.

Playing at both the Townehouse Tavern and the Laughing Buddha, Boulton lends her voice to local acts that include the infamous Pink Floyd Tribute band and Rolling Stones tribute night “Exile on Elgin.”

Aside from working at the university, writing screenplays, and singing in several bands, Boulton also writes a local gardening column.

“I’m a restless soul,” she explained, “I just make and create.”

According to her, gardening is one of the ways she keeps herself busy in the summer when she’s not grading papers or prepping classes.

[lambda@laurentian.ca](mailto:lambda@laurentian.ca)

Photo supplied

Anne Boulton (right) and her partner-in-crime John Alden Milne.





# CKLU DJ profile: Dan Gallant

**BY KALLIE BERENS**

**DJ:** Dan Gallant

**Show:** Helter Smelter, from 9 to 11 p.m. on Thursdays.

**Volunteering since:** July 2013

**What kind of show he has:** "Heavy Metal, Punk, and Horror Movies and other weird stuff."

Why he wanted to be a DJ: "I'm a big music fan. And I went on Six Degrees a couple of times for metal specials, and Steve suggested doing a show. I started thinking about it - I always wanted to be on the radio, but this is something to do for fun."

**What he's listening to right now:**  
The Brains - The Monster Within  
The Killing Field - The Musical  
Toxic Holocaust - Chemistry of Consciousness

**Why Helter Smelter:** "I wanted it to be something scary but have something to do with Sudbury. One day I just thought of Helter Smelter and I thought it was cool."

**Favourite thing about being a DJ:**  
"Finding out about music, and people are messaging me on Facebook showing me new bands, and I get to interview one of my favourite bands soon."

**lambda@laurentian.ca**



Photo supplied

**Dan Gallant poses in a Halloween costume.**

## How much is too much?

REGINA (CUP) — When asked the question: "Do you have a food addiction?" University of Regina students had a variety of answers: some individuals answered with a resounding "Yes!"

There were students who bluntly answered "no," and the occasional student who had experienced a loved one suffering through an eating disorder and knew the serious health problems associated with food addictions.

The Faculty of Medicine at Memorial University of Newfoundland recently released their findings about the issue in an article titled: "Food Addiction: Its Prevalence and Significant Association with Obesity in the General Population."

Dr. Guang Sun and his laboratory team assessed 652 adults from Newfoundland and Labrador — 415 women and 237 men — to try and find a link between food addiction and obesity. The study concludes that the prevalence of 'food addiction' was 5.4 per cent (6.7 per cent in females and 3.0 per cent in males) and increased with obesity status.

"Our results demonstrated that 'food addiction' contributes to severity of obesity and body composition measurements from normal weight to obese individuals in the general population with a higher rate in women as compared to men."

Neil Child, a psychology professor at the University of Regina, believes that self-image plays a huge role in

food addiction and obesity.

"I've counseled clients who say they're fat and have as their issue a disproportionate urge to eat fat foods," he says. "Not so strangely, this self-described issue is that of self-image, being obese and decidedly, from the client view, unattractive."

Derek Habersstock, a third year Kinesiology student, talks about the nutrients necessary to develop an ideal body composition.

"Unfortunately, our self-image is compared to the media's views on how we look," says Habersstock. "These views are most likely unattainable."

Not only does this issue of food addiction and obesity stem from self-image, but it also comes from various environmental pressures. John Papandreas, Coordinator of Recreation Services, explains that students face a lot of stress.

"Students, as a means to overcome these life challenges, often resort to potentially life altering measures i.e. substance abuse, eating disorders, food addictions and even suicide," Papandreas explains.

To help those struggling with issues related to food addiction, the University of Regina offers a whole host of services such as resources for study skills to decrease stress, professional psychologists, clinical counsellors, as well as personal, group, and emergency counselling. Services like these can help combat the growing problem of obesity.

**F**iorino's at the Port welcomes the charter class of Laurentian's School of Architecture to Downtown Sudbury.

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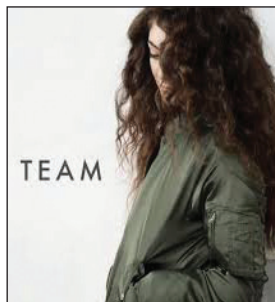
# Lambda recommends...

## Kayla Perry - Staff writer



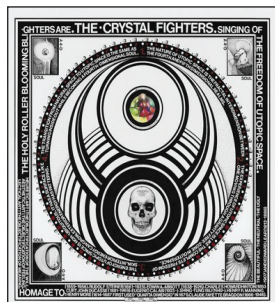
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**Lorde**

Team



**Crystal Fight-  
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Love Natural

## Zahra Golafshani - Photographer



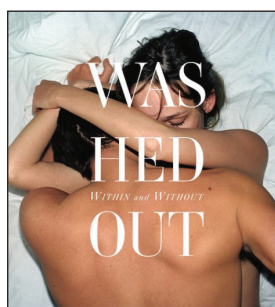
**Ayo**

Down On My  
Knees



**Shivare**

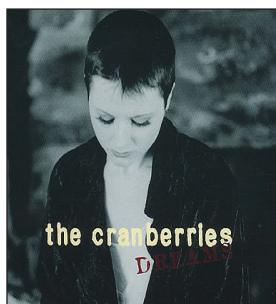
Goodnight  
Moon



**Washed Out**

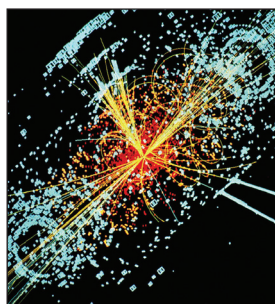
Echoes

## Kallie Berens - Feature writer



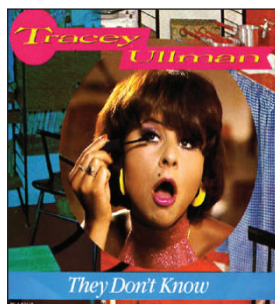
**The Cranberries**

Dreams



**Arcade Fire**

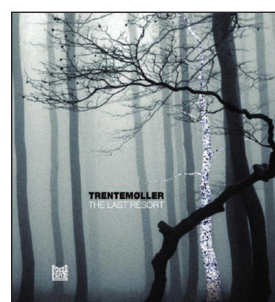
Supersymme-  
try



**Tracey Ullman**

They Don't  
Know

## Matt Rabey - Staff writer



**Trentemoller**

Take Me Into  
Your Skin



**Steve Parker**

Interstate



**Sian**

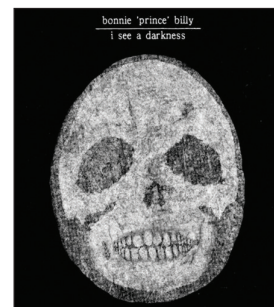
Dangerous Lia-  
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## Ed Veilleux - Assistant Editor



**J. Cole**

Born Sinner



**Bonnie Billy**

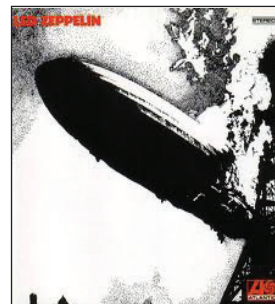
I See A Dark-  
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**Meek Mill**

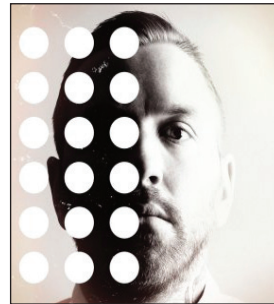
Dreams and  
Nightmare

## Gab Rodrigues - Staff writer



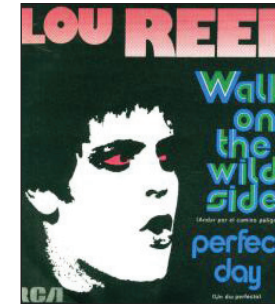
**Led Zeppelin**

Babe I'm Gon-  
na Leave You



**City and Colour**

The Lonely Life



**Lou Reed**

Walk On The  
Wild Side



# Cortical column: Temporal lobes

BY LUCAS TESSARO

Ahh... the temporal lobes. “There is not a single component of mystical, parapsychological or religious experiences that cannot be evoked by temporal lobe stimulation” (M.A. Persinger) is perhaps the best summary of just what the temporal lobe is capable of.

Located towards the caudal end of the brain, the temporal lobes (TLs) are intimately involved with numerous cerebral processes. The hippocampus is located within the TLs, which is one of the primary structures for the creation and consolidation of memories. They are also linked with the amygdala, which is responsible for the generation of emotional reactions.

Auditory processing occurs here, as well as a special type of visual processing (face) is conducted within the fusiform gyrus. One disorder due to from damage in this

area is prosopagnosia, or the inability to identify people from their faces. At the extreme, this can become Capgras syndrome, where the individual believes that everyone is an imposter.

Ideas such as existentialism, primacy of intuition over logic, and psi experiences are highly correlated with activity within the TLs. These are by no means a negative association – TL individuals are, as I stated, highly creative, innovative, and with a natural ability to take unfounded leaps of logic on the slightest possibility of truth.

There are, however, some extreme features as well. Hyper-religiosity could be considered a negative association with TL behaviours. An overt obsession to moral themes, delusions – beliefs without factual basis, hyper paranoia, and dissociative personalities can be linked to the temporal lobes.

Within the TLs is a substructure known as the insular cortex. A combination of the parietal and temporal lobes as it continues into the lateral fissure, the insula has a function of gnosis of the viscera. Any feeling ‘inside’ the body is mediated through this region of the cortex, and it is theorized that taste is also perceived here.

Finally, the ‘limbic’ region of the TLs is involved with vigilance (being aware of ones surroundings) and concomitantly associated with panic attacks. Panic attacks can be considered an experience of hyper vigilance, i.e. being overly aware of the dangers of ones surroundings. These experiences can be evoked through stimulation of the parahippocampal gyrus.

Experimentally, the ‘God Helmet’, a colloquially named device is a complex, weak magnetic field generator. When applied over the temporal lobes, these magnetic fields are capable of inducing

many of the above effects and more.

Subjects most often experience feelings of a ‘presence’, which has been argued is merely the left hemisphere being aware of the separate conjugate thoughts of the right hemisphere. However, we as humans try to label everything to understand it all. In the course of these experiences, this ‘presence’ has thus taken on many names.

Food for thought.

Live long and prosper, young colleagues.  
[lambda@laurentian.ca](mailto:lambda@laurentian.ca)

## LCF host International Student Christmas dinner

SUBMISSION BY MAAIKE ZEEMAN

There are few things in life better than realizing that winter holidays are just around the corner. This is a time to get together with family and friends and enjoy the festivities. However, a number of students are unable to return home for this special time of the year. Each year, Laurentian plays host to many international students from around the world, for whom missing out on the family gatherings and traditions at home can be tough. In the spirit of fellowship, members of the Laurentian community have come together to organize a special event which can make the holidays more enjoyable for students away from home. Annually, the Laurentian Christian Fellowship (LCF) partners with the community at Glad Tidings Church to organize an International Student Christmas dinner, which promises a wonderful time of food, camaraderie, and culture. Last year, 33 countries were

represented.

Kim Trapani of Malta has attended for the past few years and says, “The event brings everybody together as a community, and gives the feeling of being back home for those crazy family dinner.”

This year, the event will be held on Saturday, Nov. 16 at Glad Tidings Hall at 1101 Regent Street. There will be a bus leaving from campus at 5:30 to bring students to the hall. The event is free of charge. If you are interested volunteering, getting more information, or attending, please email [mx\\_zeeman@laurentian.ca](mailto:mx_zeeman@laurentian.ca) or [jk\\_wood@laurentian.ca](mailto:jk_wood@laurentian.ca)

## Humour: Buying wine need not be scary

SUBMISSION BY HUGH KRUZEL

Are you overwhelmed by choice? Do you tremble when confronted by a wall of wine? Does your hair rise when someone screams “Riesling”? Are you pained by Primitivo?

Well fear not gentle reader. There is pattern, organization, and logic to selecting a bottle for self, friends, family or gifting on this celebration of souls and passing. And, yes, there are “Halloween” appropriate wines that boast of Bull’s Blood, devils, and skeletons. One can also be a bit more random and whimsical on October 31st and eschew all conventions in a Rocky Horror inspired purchase of bizarre, bold and brash.

In a world of handheld devices I am sure you subscribe to “there’s an App for that” and know with some certainty that you can price compare, log purchases, and research reviews. Building a list of “Go To” products can simplify life, but gosh are you not adventurous? Did Trick or Treating not teach you as a teen to go to the wild side? And don’t we all know some ninny who blurts thinks like the following: “I only drink Veuve Clicquot”. Come on Brad and Janet, take a chance! It is so limiting

in a world where selections are vast and there are thousands of sensory experiences. You are not the undead yet, doomed forever to wander the aisles of the liquor store. Nor are you a wisp, waif, or werewolf pouncing on a quick purchase and retreating to your lair; choose with care.

Wine, like art and music, is a highly subjective topic: love it, like it, okay, mediocre, terrible, Yuck! The spectrum is broad and the respect you hold for a close colleague can drop like Enron stock if they show up with what you consider swill. Sometimes it is fun to bring cheap and cheerful, but value is not necessarily tied to price. If your bottle is acceptable you can come out into the light. Your hosts will happily announce “They’re Here” if they grow to trust your ways and offerings.

If your theme is gruesome why not find a label with something ghastly and garish. Go florescent and Think Pink; there are many Rosés and unnatural Zinfandels that truly look like transmission fluid or plasma. Reach blindly for oddities lurking on bottom shelves and discover delight. Play a game as you shop called “Who can find the truly Ugliest Label.” Is there any wine from Transylvania or

just Tasmania? This is a quest, and you are on the hunt for more than good juice. Everyone loves a story.

South American Diablo Shiraz, Australian Fullglass Skulls, Okanagan Moon Curser; from growing grapes comes the mystery of wine. Professing that there is life after death Ontario’s Grey County Coffin Ridge Boutique vineyards and winery cleverly murmurs of alchemy and shifting shadows. I just quiver when I read the word “ushered” don’t you?

I will turn in my grave if you forsake wine for Crystal Head Vodka but I do acknowledge the Svengali-like mesmerizing attraction of Dan Aykroyd’s creation. One can always confront a Zombie at the bar if cocktails are your thing; do you willingly dance The Time Warp my friend? And off course you can always go to Ron Bacardi for bats, or choose Lost Souls Chocolate Porter from Parallel 49 for something deep, dark, dense and delicious. Pumpkin beers abound, however since none of these are birthed from Dionysus I think we can discount them from this report.

Go forth young vampires and ghouls and drink the blood of Jove.

# Laurentian Premed Club aim to help community with Christmas Basket program

## SUBMISSION BY KATE MARSHALL

Laurentian University is a diverse community filled with students and faculty of all backgrounds and pathways. As members of this community, The Laurentian Premed Club strives to help all students in working towards their goals. We value teamwork, and believe that educating those interested in a future in the medical field is one of the best ways to prepare them for it. We provide students with networking opportunities, volunteer experience, information sessions as well as a support system to aid them in applying for and attending medical school.

One of the main endeavours our group undertakes is the Christmas Basket Program, which entails assembling and delivering gift baskets with the help of private and corporate sponsors as well as the fundraising efforts of our club. They are comprised of food and grocery store gift cards as well as new toys and children's clothing. Each basket ranges in value of



Photo supplied

**Kate Marshall (back), Chris Lavallo (front), Shawn Hughes and Izabeau Trottier pose in a photo.**

\$200-\$300 depending on family size. Last year, in collaboration with the Student Accessibility Services, we sponsored 28 families and this year we hope to

sponsor 20-30 again.

As active and caring members of the community and future health professionals, the LU Premed Club believes in helping

all members of our community. As students we understand that financial stress is inevitable in university, especially when also supporting a family. Therefore

this program is designed to help alleviate those stressors specifically around the holiday season.

This year, the application box for interested families and sponsorship forms for generous members of the community can be found in the Spiritual Life Services Office (L-226) by the Bookstore or forms can be requested and submitted by e-mail at [lupremed@laurentian.ca](mailto:lupremed@laurentian.ca). Applications will be accepted until November 22nd 2013. We would like to thank Barbara Hein of the Accessibility Office, the SGA and Alumni Office, as well as many others for their help and support in last year's endeavour.

We hope that the Laurentian community will help us in reaching our goal. For more information on the Christmas basket program and being a sponsor, visit [www.lupremed.ca](http://www.lupremed.ca), follow @LUPremed on Twitter or join LU PreMed Club on Facebook. [lambda@laurentian.ca](mailto:lambda@laurentian.ca)

# PHET holds bake sale for cancer awareness

## BY GABRIEL RODRIGUES

The Peer Health Education Team (PHET) at Laurentian University will hold its first annual bake sale, as it "creates cancer awareness," according to the program coordinator.

"This event is for breast cancer awareness but to round it all up, we will do testicular and cervical cancer since its November," said Coralea Kappel, second-year bio-med student. "Basically, our team wants to educate on those cancers but we also want to make it a positive experience."

On Thursday, Nov. 7, PHET will be holding a bake sale fundraiser and educational cancer booths with the help of the Canadian Cancer Society with all proceeds going to the organization.

The event will be held at the bowling alley at Laurentian University running from 10 a.m. to 3 p.m., as PHET is encouraging students to wear pink in honour of breast

cancer.

"We realize that October is the national breast cancer awareness month and that national cervical cancer awareness week was in October," said Kappel. "But, with midterms being in the middle of October we chose the beginning of November because we felt students would be in a better state of mind to take part in the events."

This fundraiser is not only to raise money for cancer but also a chance to donate eight inches of hair with PHET holding a Beautiful Lengths booth from noon to 1 p.m. to encourage students, said Kappel.

"The hair will be used to create wigs for people with cancer," she said. "Being beautiful and strong is very important for someone going through something like that. So this is an opportunity for people to help and contribute in any way possible."

When Kappel was seven, her mother was diagnosed with breast cancer.

However, Kappel said, her mother is healthy again after help and support through family and friends.

"Cancer is something that affects everyone," she said. "We want to make sure that people are aware of all this because the information is for students and people to try to prevent the best they can."

PHET is a supportive program on campus in conjunction with the Wellness centre at the University to provide education to students for responsible decision-making and health related issues.

"It's easier to talk to people who are in the same age range," she said. "You can relate better to them because you are all dealing with the same general concerns."

Kappel said the program has already been in place at other universities in Ontario but was not available until this year at Laurentian.

This isn't the first educational booth

PHET has provided, as it has already held one for Mental Health Awareness month in October and an alcohol and drug booth in September.

Other notable educational booths coming up for PHET include:

- The Onematch campaign with the Canadian Blood Services on Nov. 21,
- another Alcohol and Drug booth in mid-November,
- Sexuality awareness in December,
- a Mental Health awareness booth at the start of January,
- Heart month in February,
- and Mission Nutrition month in March.

"Students who are informed are in a better position, not only to take care of themselves, but to influence others," said Kappel.

For more information regarding upcoming events, please visit and "like" the Peer Health Education Team LU on Facebook or contact [peerhealth.lu@gmail.com](mailto:peerhealth.lu@gmail.com).



# Letter to the editor: Response to Grist and CFS

## BY THE SGA

It was with interest that we read the letter to the editor from Corey Grist, the Northern Commissioner for the Canadian Federation of Students (CFS). In the article, Grist challenged a number of comments made in an article in which one of our Executive members, Mark Mancini, was quoted. In the article, Mr. Mancini challenged the notion that the CFS stands up for Northern schools. Grist went on to cite the Federation's advocacy efforts on Northern transportation as well as food services---where he said that the SGA was absent. He also claimed that Northern schools have ample space to deal with their issues within the Federation.

It is not our intention to enter into a letter war with Mr. Grist, or the CFS. We believe in a better sort of politics. Indeed, we have made our position known about the CFS in all available avenues. However, it is also our duty to inform you, as students, about the truth of this debate, especially when misinformation is spread.

The truth of the matter is simple: Laurentian University students have very little to show for the approximately \$85,000 we pay them in fees annually. Take for example Mr. Grist's

transportation assertions. Mr. Grist claimed that there needed to be a "Northern angle," on transportation, citing the Federation's participation in a coalition for passenger train service in Northern Ontario. Yet, the Ontario Northland Transportation Commission (ONTC) has been divested by the provincial government and transportation options across the North continue to fail for students. The fact of the matter is that the provincial government most likely does not take the CFS seriously, especially when they continually demonize the Premier and Ministers. With our \$85,000, they have attended a press conference on transit, and held some meetings; but where are the results?

On the other hand, the SGA has improved transit service locally for students, with far fewer resources than the CFS. Close to 10 hours of service have been added, just this summer, to the University/Four Corners route, used by students. We have a fantastic relationship with the City of Greater Sudbury and Sudbury Transit, which will yield more results for students as the year goes on. Contrast this with the approach of the CFS, which is to view such partners with derision, and we will take our results over theirs.

When it comes to food services, Mr. Grist's

advocacy assertions are even more problematic. He claims that in 2012, the SGA "opted to not participate in the CFS Food Services Taskforce, despite being provided with materials and offers of support to tailor the survey to the needs of Laurentian students." The fact is the SGA was already very active on this subject and has been working with Laurentian's administration on the biggest food services issue on campus; the proposed mandatory meal plan. In fact, we encouraged its delay for a year for further study, and have been working closely on its smooth and fair implementation. These are real results---not surveys, press conferences, or meetings. Mr. Grist's public challenge of the SGA is indicative of their overall approach to advocacy -- focusing more on rhetoric and bombast than real results. It appears that in the eyes of the CFS, if we attempt to strike our own path, we are somehow wrong.

It is not wrong that we chose a better path for our members, instead of a failed task force.

While the CFS holds its press conferences, and is on the outside looking in, they have opted to spend your money elsewhere. Mr. Grist neglected to mention a problem that the SGA has had with the CFS for some time; that is, the fact that they engage in fly-by-might operations with

your money at Laurentian. They didn't spend it on transportation or food services. For example, this year alone, when continued membership in the Federation was brought up at Laurentian, the CFS flew staffers down to our university, and petitioned students at night, in residence. The staffers were presumably provided with food and lodgings; again, all with your money. This is repugnant as a political practice, but it is also a total waste of student dollars. Couple this with the fact that the CFS is routinely involved in litigation against students, and we expect that far more money has gone towards dinners and lawyers than to students at Laurentian.

All of this banter aside, this issue matters. Your \$85 000 matters. Imagine the things we could do if we focused that money on actually improving the student experience at Laurentian.

We will continue to request that the CFS change its approach. We will continue to shed light on their darkened operations. We will demand that they use your money wisely. That is our job as your Executive. That is our commitment to you.



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## Voyageurs struggle to maintain leads at home

BY RON GUILLET

The Laurentian Voyageurs men's hockey team kicked off their first homestand in over 13 years as they were up against the UOIT Ridgebacks and the Queen's Gaels, respectively.

On Friday, Oct. 25, the Voyageurs took on the Ridgebacks, who had a 0-4-1 record entering the game, at the Gerry McCrory Countryside Sports Complex. Laurentian went up early as Nick Esposto, who played two seasons with the Oshawa Generals from 2008 to 2010, scored on a one-timer 12:08 into the first period. Luke VanMoerkerke scored the equalizer late in the first before James Woodcroft provided UOIT with the go-ahead goal in the second period.

Brandon Howes tied it up for Laurentian soon after as his point shot found its way through traffic and into the back of the net. Mitch Bennett put the Ridgebacks in the lead once again in the third period but Esposto replied for Laurentian as he received a drop pass from Richard Therrien and fired it over Colin Dzijacky's blocker. Bennett then converted his second of the game as he picked up a loose puck in the slot, skated around Andreas Norrby and went backhand to forehand to beat a sprawled Charlie Millen. Esposto replied for Laurentian yet again as he tipped a point shot to make it 4-4 and complete his hat-trick. This was Bennett's night, however, as he delivered a heart breaker with 19 seconds left to make it 5-4 Ridgebacks and complete his own



Photo by Ron Guillet

**The Voyageurs battle for possession in front of the Queen's net in their match on Saturday, Oct. 26.**

hat-trick.

On Saturday, Oct. 26, the Voyageurs were up against the Gaels, who sported a 2-0-2 record. Laurentian dug themselves a hole early as Chris Van Laren unloaded a blast from the point that was tipped past Millen's blocker on the power play. Taylor Clements then made it 2-0 shortly after as he fired one that squeaked through Millen's five-hole on a 3-on-1 break.

Laurentian came out firing on

all cylinders in the second period as they maintained possession at even-strength and fired a ton of shots at goaltender Chris Clarke. Laurentian had 27 shot attempts (blocked shots, missed shots and shots on goal) in the period while the Gaels had 21. They were finally rewarded for their work late in the period as Marc-Alain Begin shot the puck past Clarke's blocker on a breakaway.

In the third period, captain

Vincent Llorca scored the equalizer as he beat Clarke short side on a shot from the right circle. Esposto gave his team the lead at 4:16 on the power play, ending Clarke's night in net as he was replaced by Kevin Bailie. Jordan Soquila replied for Queen's as he rushed up the ice with impressive speed and fired a shot over Millen's glove to tie the game at three. Clements then provided the Gaels with the go-ahead goal as he was left unmarked in front of the

net and wrapped the puck around Millen's left pad. He completed his hat-trick moments later on the power play as he banged home a rebound on an end to end rush from Braeden Corbeth. He added a fourth goal on an empty-netter to make the final score 6-3.

"It's extremely frustrating," Laurentian coach Craig Duncanson said in regards to losing leads. "But there's a learning process. We have some character people and I'm confident we'll get there. It's hard to see that right now, but we'll get there."

In regards to the game against the Gaels specifically, Duncanson said the Voyageurs struggled with consistency.

"It was kind of a tale of three stories," Duncanson said. "We came out flat and we were outworked. We started to do some things right and took over the pace of the game and then they had a push back that we didn't handle very well. I don't think there are any secrets there."

The Voyageurs play at home this week on Thursday, Nov. 7, at 7:30 p.m. against the Lakehead Thunderwolves, and again on Friday at 7:30 p.m.

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## Men's basketball team travel to China to foster team bonding

BY KAYLA PERRY

On Oct. 18, the Laurentian men's basketball team began a 10-day international trip, travelling across China to play a series of exhibition games.

According to seven-year head coach Shawn Swords, the trip was organized in an effort to encourage team bonding.

"I like for the team to learn from each other – since they are together so much it can be uncomfortable at times, so it's good for them to get a chance to bond," said Swords.

After the 12 hour flight, the

team landed in Shanghai, and began a training program. They then played a series of friendly matches with Laurentian's partner universities in China, as well as one junior team, winning three out of the four matches.

At the time, the team was the only Canadian university team in China.

Tychon Carter-Newman, a third year player on the men's basketball team, was among those who travelled with the team in October.

Newman said the trip was "an

amazing experience," and the best part by was seeing the Great Wall of China.

"It was breathtaking," said Newman. "We climbed up the wall and were able to see the view over the wall of the mountains. You hear about the wall, but to be able to see it in person is beautiful."

Dominic Giroux, President and Vice-Chancellor of Laurentian, was also in China at the time attending a series of business meetings. Newman said the team was able to meet with Giroux for lunch, which was "great."

This wasn't the first international trip the men's team has taken – two years ago, the team travelled to Europe for another round of team bonding. Swords said he plans on keeping the travelling tradition alive.

"This trip (was) amazing and I think it will show throughout the year how well it has affected us. I'd like to (take a trip) every year, if not every two years," said Swords.

Although the entire basketball team was invited to travel, there were two or three players that were "not able to travel due to passport

and Visa issues," said Swords.

In total, the trip took almost two and a half years to plan, and was funded through a mix of money provided by the university, and fundraising efforts the team made in advance.

Swords said the trip this year was a success, and was "unbelievable. We couldn't have scripted it any better."

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# Women's soccer team suffer defeat in first round, look toward future



Photo by Ron Guillet

**Carlee Parisotto delivers a pass in a game against the Carleton Ravens.**

## BY RON GUILLET

The Laurentian Voyageurs women's soccer team suffered a crushing 6-0 defeat to the Queen's Gaels in the first round of the playoffs, but the blemish does not reflect an otherwise impressive 2013 campaign.

The Voyageurs lost several key pieces heading into the season in Lisa Watson, Crystal-Ann Hackett and Renee Jacques among others. In the off-season, head coach Rob Gallo got to work and began importing a wealth of new faces as the Voyageurs would dress a young team with potential to grow. If the first year is any indication, Laurentian may boast a fairly solid team moving forward, but they will do so without captain Amy-Lynn Pitton, Leah-Marie Ramalho and Ashley Melnek, who are all graduating.

"With 10 new faces and the loss of six starting players we were not sure of the season," Gallo said. "It was a pleasant surprise but finishing fifth is not good enough and we will need to strive to get better as coaches and as players. With division realignment coming next season with the addition of Algoma, it will be even tougher to make the playoffs."

Midfielders Carlee Parisotto and Melissa Ayotte had strong campaigns while defender Heather Gilbert also had an impressive rookie year. Laurentian will retain a veteran core in Madison Beaudry, Amanda Kwan, Celine Valiquette, Julie Lopez and Megan Ferguson, so the young players will not have to carry the load.

This season, Laurentian finished with

a 6-3-7 record with a +6 goal differential, though their goal scoring lagged somewhat as they ranked sixth in the East division in that department. Kwan and Lopez tied in Laurentian scoring with four goals each. Richele Greenwood, who improved her save percentage from 79 to 86 per cent this season, should be a key player moving forward as she enters her fourth year of eligibility.

"We managed to make the playoffs and at the same time see some of our rookies play key minutes and gain valuable experience," Gallo said regarding the season. "We were able to compete in arguably one of the toughest divisions in the country, and we managed to lose only three games all season and our keepers posted 10 shutouts in 16 games. Unfortunately lack of scoring resulted in seven ties but defensively we were one of the roughest teams to play against."

Gallo hopes to find a primary striker in the off-season to help secure more points in the standings, as it was indeed their most glaring weakness. He also hopes to improve in the middle of the field.

"We need more creative playmaking and ball winning out the midfield and definitely scoring goals will be a priority," Gallo said. "We have never secured the services of a pure goal scorer so that would be nice to find one to make the trek north. We need to get some size, speed and toughness in the middle and up front. The good news is our work ethic as a team is second to none."

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# Rabey's round-up: Managers require time

## BY MATT RABEY

In the world of football there are few things you can count on; the unpredictability of the matches, the form of the players or more often than not, the form of the club and the man responsible.

A professional football manager can have one of the most demanding and stressful careers, as every decision that they make can and will be scrutinized by millions of people.

The worst part about it though is the unrealistic expectations and lack of time at the helm for a manager to be given a proper chance.

This season is still two months away from the halfway point and

already it has seen the sacking of Paolo Di Canio and the mutual consent separation of Ian Holloway from Crystal Palace.

Both former managers were in the position of managing clubs that are rooted to the bottom of the Premier League table.

On the one hand, Sunderland's manager was hated by the players, was hated by the fans and had a bad run of games, so it was very understandable that he had to go.

On the other hand Ian Holloway was a manager with previous Premier League experience, loved by supporters and players alike, but with little money available to him to bring in new talent.

Although Holloway had a bad run of games, with what he had available nothing else was to be expected, so should his contract really have been terminated?

Crystal Palace and Holloway departed through mutual consent, but that means both parties decided that Holloway was not the man for the job, after he had already successfully steered Palace in the Premier (the second time he has been able to do this with a club).

This shows that unrealistic expectations that not only clubs and supporters put on managers, but also the unrealistic expectations that managers put on themselves.

Clubs not only need to give

managers a chance, but managers also need to be strong in the face of adversity and realize that to be the best you have to be able to handle when it gets tough.

In fact, the best Premier League manager of all time, Sir Alex Ferguson, took over Manchester United and had a horrible start to his tenure.

A fan or the media doesn't usually care about this and they just want immediate results, but in the case of truly strong clubs, they have been built on something other than just quick results.

The reason for United's success was stable leadership and this was only achieved by giving the manager a proper chance.

Now United is one of the most established clubs in the league and although they are currently having a poor run of form, their successful philosophy is being employed with new manager David Moyes.

United's manager's job is safe for now and one should expect to see him turn the club around after being given the proper chance.

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# Voyageurs end season in home playoff game against Toronto

BY RON GUILLET

The Laurentian Voyageurs hosted their first playoff game since the 2009-10 season as they took on the Toronto Varsity Blues on Oct. 23 in their first round match-up.

Both teams finished the regular season with 20 points and a 5-4-5 record. While Laurentian had the advantage defensively, only allowing 14 goals against to Toronto's 18, the Varsity Blues scored 21 goals to the Voyageurs' 13.

Laurentian grabbed hold of the game early on as Ian Wolfe nearly converted from a shot inside the box that sailed over the goalkeeper but rang off the crossbar. The Voyageurs kept pressing and were finally rewarded when rookie Cole Giffin connected with a header off a corner kick to score his first of the campaign. Toronto nearly equalized soon after when defender Jason Cordeiro unloaded a shot over an empty net after a scramble in front.

Midfielder Russell Rodrigues tied the game, however, when he displayed some silky feet to get himself some open space and fire one short side to end the first half.

Toronto entered the second half with more intensity as they pressured the Laurentian backline and gave them little opportunity to breakout. Striker Kilian Elkinson

eventually scored the go-ahead goal seven minutes into the half as he received a pass inside the box and spun around to unload a quick shot past the outstretched hand of Laurentian goalkeeper Thomas Guscott.

Laurentian struggled to muster any offense afterwards as Toronto closed the gaps and controlled the possession until the final whistle, ensuring their ticket to the second round.

"The better team won for sure," Laurentian coach Carlo Castrechino said. "After we scored that first goal we played really well but they picked up their game and their skill and experience came through for sure today."

Castrechino said he was pleased with the Voyageurs' start to the campaign but the 0-3-3 finish ultimately left something to be desired as they only scored three goals in that span.

"We had a great start to the year but didn't finish very well," Castrechino said. "We made some progress and there were a lot of rookies on the field today so it was nice seeing them get some experience."

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Photo by Ron Guillet

Ian Wolfe curls a shot toward the Toronto net in the Voyageurs' first round match-up against the Varsity Blues.

## Lalonde sees bright future for LU wrestling

BY GABRIEL RODRIGUES

As the CIS wrestling season approaches, Laurentian's coach is looking to push his athletes to "that next level."

"Basically, one-on-one is the focus," said Andy Lalonde. "It's a big year for wrestling, so I like to have my wrestlers intense in practice because in any match, you can get caught by one mental mistake."

In the last seven months, the wrestling community has been campaigning for their sport to return to the Olympics after the International Olympic Committee (IOC) executive board surprisingly cut it from the list of core sports in February.

However, in September, the IOC announced that wrestling will be included in the 2020 and 2024 Games, as the ancient sport received 49 votes to win the secret balloting by the IOC, beating out Baseball-softball and squash by more than 20 votes.

Lalonde, in his third-year as Laurentian coach, is relieved to have wrestling back in the Olympic Games because it gives his wrestlers a "goal to achieve."

"It was like a big weight lifted off all our shoulders," he said. "It's everything we've lived for because we don't have pro-wrestling or anything like that, so the Olympics are huge for our community. Some people win nationals, and no one knows who that is, but if they win the Olympics than you're a star."

As the wrestling season begins, Lalonde believes his experience can help his athletes "calm their nerves" throughout a busy varsity year, as he has won three national championships in the mid 1990's wrestling out of the Hamilton Amateur Wrestling Club.

"I know all the emotions that go on," he said. "I'm able to calm my athletes down and make them think it's just another match. Throughout my career, I got the chance to participate in 11 different national championships, so I try my best to relate to them. I get pretty pushy in practice because tempo is everything when you're wrestling, and I think I control that well in training sessions."

Laurentian has six athletes competing for the University, as the team is wrestling out of the Sudbury Regional Wrestling Club.

For Lalonde, the importance of having a team in the north is crucial.

"When I was competing and still to this day, southern Ontario has always been draining all our talented athletes," he said. "Now, at least, we get to keep our wrestlers, so we can compete."

Some talent derived from the north is Sudbury wrestler and Laurentian assistant coach Celeste Contant-Rodrigues, who has won a national title wrestling for Brock University, and according to Lalonde, her leadership proves to be beneficial, especially relating to the female athletes.

"It's great to have someone fresh out of a University program," said Lalonde. "She's upbeat, everyone surrounds themselves around her and it really helps having somebody at the same level who can explain things a little more different than I can."

Lalonde said he sees a bright future for Laurentian wrestling, as he hopes the program draws talent outside of the north like in Barrie and Orillia.

"It's a vehicle for us to become a regional national training centre that develops athletes at an international level, be it at the Pan Am,

Commonwealth or Olympic Games," he said. "Nothing is impossible, we just need the right pieces, and I think we are getting closer and closer to that goal."

Ryan Karn, second-year wrestler for Laurentian, believes Lalonde is a great intensity coach.

"I learn a lot more when doing full speed scenarios," said Karn. "Andy really engages in that kind of practice and I like that better than practices that are less intense and a lot more talking."

Karn, a native from Fergus, Ont., is looking to improve on his season last year.

"It was really disappointing, so that is a bit of a chip on the shoulder," he said. "I'm fed-up with losing, so this year, I want to come back and simply win."

If you are interested in watching some Voyageurs wrestling than Saturday, Nov. 23 is a date to consider, as Laurentian is hosting the senior provincial championships at the Ben F. Avery Gymnasium from 9 a.m. to 3p.m.



# Voyageurs take down northern rivals

BY GABRIEL RODRIGUES

On Saturday, Nov. 2, Laurentian's women's hockey team got its first taste of northern rivalry, as the University defeated the Nipissing Lakers 4-1 at Gerry McCrory Countryside Sports Complex in the first annual Pink the Rink event.

In the first period, both teams exchanged chances in the early going, as Voyageurs goalie, Laura Deller, was forced to make some timely saves.

Laurentian forward, Jessica Staats would reward her goalie, scoring at the 9:53 mark of the first, capitalizing on a scramble in front of the Lakers net.

The Voyageurs would end the period with only eight shots thrown at Nipissing goalie Jacqueline Rochefort.

The second proved to be a lot like the first, as both teams traded chances, however, the Lakers would take a penalty putting Laurentian on the power play.

Aoife Cox would tip in a slap shot from the point, giving the Voyageurs a 2-0 lead, as the Laurentian forward screened Nipissing goalie Rochefort.

However, within a minute of scoring, Laurentian found themselves on a 5-on-3 penalty kill for nearly two minutes, but with key blocks from captain Julie Hebert and saves from Deller, the Voyageurs would kill the penalties bringing momentum to other side of the rink.

Laurentian forward, Victoria



Photo by Gabriel Rodrigues

**Laurentian finds the back of the net in their game against the Nipissing Lakers on Saturday, Nov. 2, sporting their pink jerseys for Pink the Rink.**

Medeiros, would score from the top of the slot letting go of a wrist shot, which fooled the Lakers goalie, giving the Voyageurs a 3-0 stranglehold on the game.

Rochefort was pulled after allowing 3 goals on 14 shots, as Nipissing back-up Sabrina Picard was introduced into the game.

The Lakers would end the second with relentless pressure, but Deller turned aside all 11 shots faced in the period, keeping

her clean sheet alive.

Within the first five minutes of the third, Laurentian found the back of the net, as Maggie Brennan scored a power play goal giving the Voyageurs a commanding 4-0 lead.

Nipissing would finally solve Deller after two straight power plays, as Brittney Cosmo put away a rebound passed the Voyageurs keeper at the 5:35 mark ending her chance of a shutout.

The end of the game proved to be a feisty affair, and according to Laurentian coach Stacey Colarossi, "it was a big win."

"We don't like each other," she said. "The official let a lot of the game go. It was definitely a four point game for us, which helps us out in the standings. At the end of the day, most of these girls played against each other last year in some capacity. So, we had some high and low moments but we got

the win, so I'll take it."

The night was not only to cheer on the Voyageurs, as the first annual Pink the Rink event was held during the game to donate funds for breast cancer through the Northern Cancer Foundation.

Laurentian's jerseys were pink in the midst of the event.

"It brought a lot of emotion for our girls," said Colarossi. "There are actually some of our players that have people close to them who are fighting the disease. It took us a while to get our feet wet, but it was nice to pull it off at the end."

Pink the Rink organizer, Scott Bond, a sports administration student at Laurentian, estimated the event to raise \$5,000.

"All the funds raised stay in the north to help people treat their cancer," he said. "It couldn't have been a better charity. Everyone is touched by it and it seems like people are really drawn to help and do whatever they can because many have been affected by cancer."

All in all, the Laurentian women's hockey team improves their record to 3-5 leaving them one point shy of the last OUA playoff spot.

The Voyageurs plays Laurier next on Saturday, Nov. 9 at 4 p.m. at the Copper Cliff arena, and return to Countryside arena on Sunday, Nov. 10 to face off against Waterloo at 5:45 p.m. [lambda@laurentian.ca](mailto:lambda@laurentian.ca)

# Homophobia in the locker room

SACKVILLE (CUP) – Competing on the ice, field or hardcourt is supposed to serve as a medium in which humans can be careless, free and at peace. For some gay athletes, it can feel more like a prison.

Nothing is more important in competition than getting the win and basking in glory. But for decades, gay athletes have been held back by what You Can Play co-founder Brian Kitts calls "casual homophobia." You Can Play is a project with the goal to rid sports of homophobia. After campaigns to rid the locker room of racist and sexist behavior, homophobia has been thrust in the spotlight as the next target.

The effort to end homophobia in the locker room has been a hot-button issue from the big leagues to local arenas for a significant portion of the last half-century. And Kitts hopes the organization he helped start will be able to make a difference.

Kitts co-founded You Can Play with Patrick Burke and Glenn Witman in March 2012 as a tribute to Burke's brother Brendan, who came out in November 2009 and worked to eradicate homophobia in professional sports before he died in a car crash in February 2010. At the time, Brendan was the student-manager at Miami University for the men's hockey team.

Despite the gains made in recent years with athletes, executives, journalists and teams coming together to stand against homophobia, one Mount Allison athlete still thinks total acceptance of gay athletes is unbalanced.

"I think that in general it's more accepted among women to have gay teammates than men," said the athlete, who wished to remain anonymous.

This was reflected in the comments from fourth-year Mt. Allison Mounties hockey forward Chelsea King, who's adamant that homophobia shouldn't be tolerated in any sport.

"We're all the same. Nobody should be judged or made fun of because of their sexual preference," she said.

However, the campaign to end homophobia in the locker room also faces roadblocks. Locker room decisions and the events that transpire there are usually restricted to athletes and team personnel. This puts most of the decision to take a stand on the shoulders of the athletes and teams.

"Humans by nature value fairness," said Kitts. "It's a matter of giving them the opportunity to get on board with this."

Since their founding almost a year ago, You Can Play has joined forces with several prominent schools, teams and athletes, all pledging to take a stand to end homophobia. The St. Thomas University Tommies, the University of New Brunswick Varsity Reds, the University of Ottawa Gee-Gees and the Ontario Intercollegiate Fastpitch Association have all taken a stand at the Canadian university level.

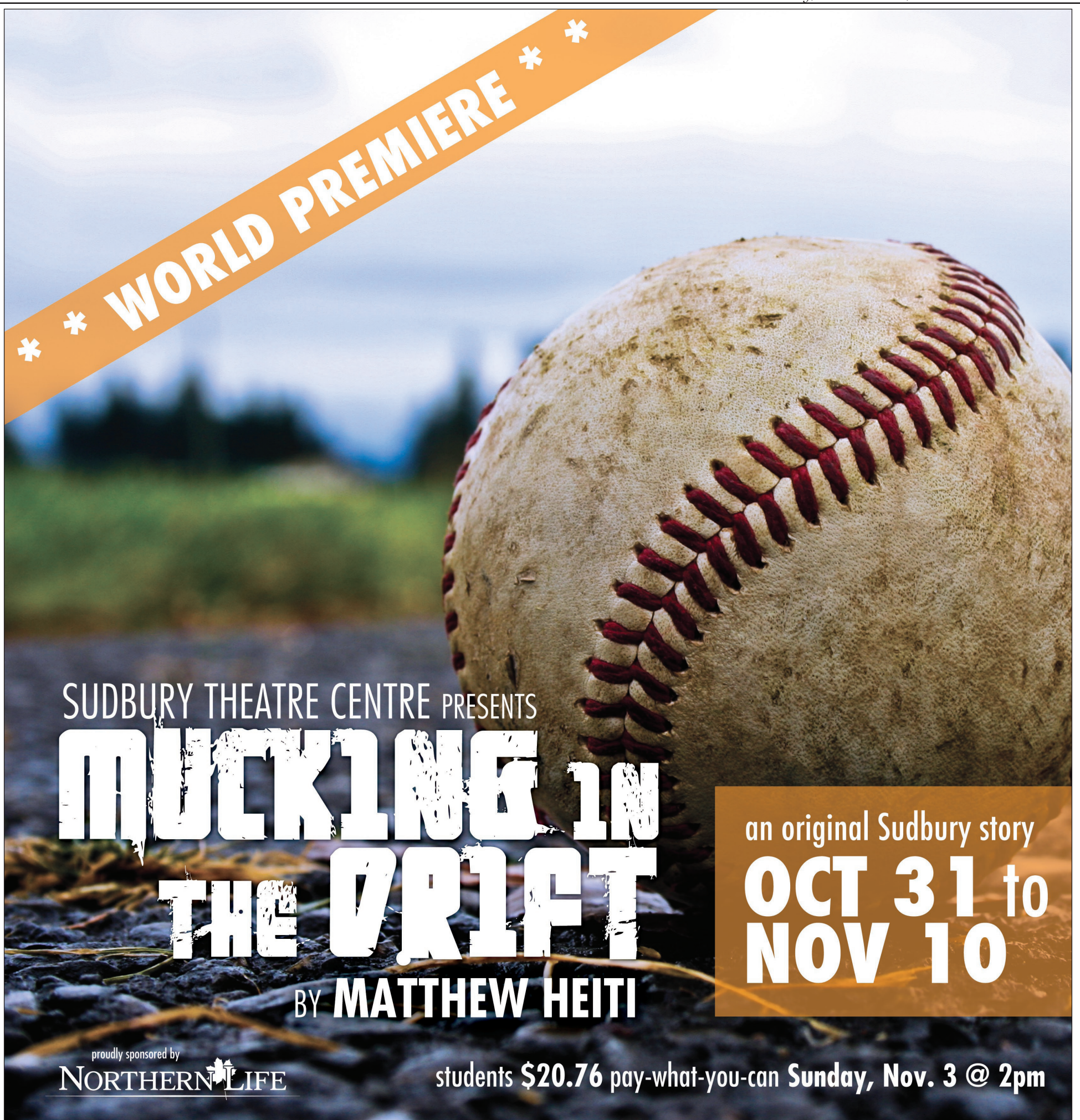
But the battle is still a long way from being over. Kitts noted the importance of not only forming an alliance of gay athletes, but partnering with straight athletes as well.

"We're going to grow out of [casual homophobia]," he said.

Kitts hopes homophobia can be targeted in a similar way to racism and sexism, though he admitted change will not come overnight. He referred to several decades ago when it would have been considered acceptable to some degree to use derogatory language towards athletes of different races or gender. This isn't the case now, demonstrating how the world of sport has made strides towards a more open atmosphere.

Kitts is firmly focused on doing the same work with homophobia. For now, he and his team work day in and day out to ensure that athletic ability is the only determining factor for success in sports, from the bright lights of the world's biggest athletic events to minor hockey games at the local arena.





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